

Claims:

1. A sanitary napkin comprising:

5 a main body, the main body comprising a fluid-permeable cover layer, a liquid-impervious barrier layer and an absorbent system intermediate the cover layer and the barrier layer, wherein the main body comprises a front portion, a rear portion and a center portion intermediate the front portion and the rear portion, and wherein the front portion extends laterally to at least one outermost front distal point and the rear portion extends laterally outward to at least one outermost rear distal point; and

10 a side flap projecting laterally outward from the absorbent system, extending laterally outward from a proximal edge of the center portion and adapted to be folded over a crotch portion a user's undergarment in use, the side flap extending laterally outward from the proximal edge to a distal end, wherein the distal end is not substantially laterally outward from the at least one outermost front distal point and the distal end is not substantially laterally outward from the at least one outermost rear distal point, and wherein the at least one outermost front distal point, the at least one outermost rear distal point, and the side flap are each positioned on

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20 a single side of a longitudinally extending center line of the sanitary napkin.

2. The sanitary napkin of claim 1 wherein one or more outermost distal points of the flap have a distance from the longitudinally-extending centerline that is less than a distance between the one or more outermost front distal points and the longitudinally-extending centerline, and wherein the one or more outermost distal points of the flap have a distance from the longitudinally-extending centerline that is less than a distance between the outermost rear distal points and the longitudinally-extending centerline.

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3. The sanitary napkin of claim 1 wherein the flap is, at least in part, structurally isolated from the front portion by an anterior notch, and the flap is, at least in part, structurally isolated from the rear portion by a posterior notch.

5 4. The sanitary napkin of claim 1 wherein the side flap projects outward to at least one outermost distal point of the flap, and wherein the sanitary napkin further comprises an anterior notch defined by an anterior notch boundary that extends continuously from the at least one outermost front distal points to the at least one outermost distal points of the flap, and wherein the at least one outermost distal points of the flap are located on the single side of the longitudinally-extending centerline.

10 5. The sanitary napkin of claim 1 wherein the anterior notch boundary includes portions that are laterally inward from the outermost front distal point.

15 6. The sanitary napkin of claim 1 wherein the flap is free of positioning adhesive.

20 7. The sanitary napkin of claim 1 wherein the flap includes a flap positioning adhesive on a bottom surface the liquid-impervious barrier layer.

25 8. The sanitary napkin of claim 3 wherein a notch selected from the group consisting of the anterior notch, the posterior notch, and combinations thereof is longitudinally asymmetric.

9. The sanitary napkin of claim 3 wherein the notch has notch depth in a range from about 11 mm to about 20mm.

30 10. The sanitary napkin of claim 3 wherein the notch has a notch span in a range from about 70mm to about 127mm.

11. The sanitary napkin of claim 1 wherein the fluid-permeable cover layer and the liquid-impervious barrier layer each extend homogeneously across the proximal edge from the main body to the flap.

12. The sanitary napkin of claim 1 further comprising a resilient element.

13. The sanitary napkin of claim 12 wherein the resilient element is separated from the flap along a hinge line.

14. A sanitary napkin comprising:

a main body, the main body comprising a fluid-permeable cover layer, a liquid-impervious barrier layer and an absorbent system intermediate the cover layer and the barrier layer, wherein the main body comprises a front portion, a rear portion and a center portion intermediate the front portion and the rear portion, and wherein the front portion extends laterally to at least one outermost front distal point and the rear portion extends laterally outward to at least one outermost rear distal point; and

a side flap projecting laterally outward from the absorbent system and laterally outward from a proximal edge of the center portion and adapted to be folded over a crotch portion a user's undergarment, wherein the side flap extends laterally outward from the proximal edge to an outermost distal point of the flap, wherein the outermost distal point of the flap is not laterally outward from the at least one outermost front distal point and the outermost distal point of the flap is not laterally outward from the at least one outermost rear distal point, and wherein the at least one outermost front distal point, the at least one outermost rear distal point, and the side flap are each positioned on a single side of a longitudinally extending center line of the sanitary napkin, and wherein the flap is, at least in part,

structurally isolated from the front portion by an anterior notch, and the flap is, at least in part, structurally isolated from the rear portion by a posterior notch.